

Vitamin K and the Newborn

Sara Wickham



Association for Improvements in the Maternity Services

Contents

Introduction	4
What is Vitamin K and Why Do We Need It?	4
The History and the Dilemma	5
More About the Different Views	7
Making Your Choice	9
Haemorrhagic Disease of the Newborn	9
Treatment and Complications of HDN	10
Warning Signs of HDN	11
Other Sources of Vitamin K	12
What's in Synthetic Vitamin K?	14
Effectiveness, Routes and Risks	15
“Low Risk” and “High Risk” Babies	19
In Summary	21
A Note From AIMS About Consent and Refusal	21
References	23
Resources	27